

Proper Addressing By Pensioners Will Aid VA Office Staff

Thousands of disabled veterans, widows and orphans receiving pension payments from the Veterans Administration who have already received income questionnaires this month have been mailing these questionnaires to the wrong VA office.

A large number have been erroneously returned to Chicago by questionnaire recipients in the Southern California and Southern Nevada areas. Persons residing in these areas are requested to return these forms to the Los Angeles Regional Office of the Veterans Administration, 1380 South Sepulveda Blvd., Los Angeles 25, California.

Envelopes containing these cards show a Chicago return address, and were mailed from the Chicago Disbursing Office, which is the apparent reason many are returning them to that city. However, the card does direct the addressee to mail the form back to the Los Angeles office.

Child Development Course Presented

Never before offered at El Camino College, a course in Child Development will be presented during the spring semester by Mrs. Hazel Kuehn, a member of the home economics staff.

The class will meet from 6:30 to 8 p.m. on Monday and Wednesday evenings, in Building A, room 4. The Course will be open to parents, both men and women, elementary school teachers or those preparing to teach on that level, and to home economics students.

"Everyone in close contact with children and young people can contribute to their development," Mrs. Kuehn observes. "Often people are baffled by children's behavior. If growth and development of children and young people were better understood, adults could better contribute to the welfare of this group. This is important in the building of a better society."

The El Camino course will be centered around the understanding of children—their physical, mental, social and emotional growth and development.

Chemistry Lesson

You own a first-rate factory, but you can't hope to market the products, because the factory is your own digestive system.

Saliva in the mouth contains ptyalin, which goes to work on starches you're chewing, and changes them into maltose, a form of sugar which can be absorbed.

In the stomach, food is churned to a semi-liquid. The stomach produces a weak solution of hydrochloric acid which sets things up for the enzyme, pepsin. Pepsin comes from the stomach wall. It starts the breakdown of protein into a form that the body can use.

After about two hours in the stomach, the partly digested food enters the small intestine. As soon as the food touches the intestinal wall, it sets off a reflex which starts intestinal juice, pancreatic juice and bile flowing freely, from the intestinal wall, the pancreas, and the gall bladder, respectively. The intestinal juice cancels out the acid from the stomach. This is necessary because the chemicals at this stage can't work in acid. It also partly breaks down sugar and fat. Then it triggers the pancreas to release its juice, which really goes to work on protein, fat, and carbohydrates. After that the intestinal juice finishes the job.

Food is now in a form which can be easily absorbed by the small intestine.

Any food substance not needed by the body at the moment are carried to the liver and stored there until wanted.

The digestive process is just as complicated as it sounds and there are many chances for something to go wrong. Don't dose yourself for persistent indigestion, bloating, heartburn. See your doctor.

GUESTS HONORED

Gathering friends for cocktails and dinner at The Pen & Quill restaurant in Manhattan Beach recently were Mr. and Mrs. Raymond E. Coe of Torrance, who entertained in honor of their house-guests, Mr. and Mrs. Edward L. State of Flint, Mich.

MAGIC CHEF



Limit Rights Reserved



I SHOP AT MAGIC CHEF
HOW ABOUT YOU?

4 Magic Sale Days
Thursday through Sunday
February 2, 3, 4, 5



CRISCO SHORTENING



3-Pound Can

49¢

BEST FOODS MAYONNAISE

America's favorite
The real whole egg mayonnaise.



Quart Jar

39¢

Red, sour, pitted for that party touch to cakes or pies or as a topping for salad. 303 Can.

SUPREMA CHERRIES 25¢

Sliced, Ruby Red, and delicious these beets are perfect for salads or as a hot dish. 303 Can.

LIBBY'S RED BEETS 2 FOR 25¢

Hemet Brand. Here are some delicious, tangy, spiced peaches just right for your dinner tonight. No. 2 1/2 Can.

SPICED PEACHES 23¢

Kimbell Brand. These delicious whole green beans are in a big 303 Can just right for your family.

GREEN BEANS 23¢

CAMPBELL'S SOUPS

Tomato
Cream of Asparagus
Bean with Bacon
Cream of Celery
Pea
Pepper Pot
Tomato Rice
Vegetable
Vegetarian Vegetable
Cream of Vegetable

8 Tall Cans

CAMPBELL'S

Beef
Beef Noodle
Beef Broth
Cream of Chicken
Chicken Gumbo
Chicken Noodle
Chicken Rice
Chicken Vegetable
Clam Chowder

Super Market Brand • Frozen Red

RASPBERRIES or STRAWBERRIES

10-ounce Packages **5 FOR \$1**

Golden Creme Premium

ICE CREAM

Half Gallon Round

69¢

W.C. Brand. The light snowflake crack

SODA CRACK

Thriftee Brand. Perfect start to your meal

BLUE ROSIN

Regular 29c Value. These highly absorb

BURGESS

MAGIC CHEF This Coupon Good for 25c Off

NEW FAULTLESS SPRAY-ON STARCH Regular 79c

16-ounce Can Only **54¢** WITH THIS COUPON

Price includes 25c off label. Coupon Good February 2, 3, 4, 5

DEL MONTE PINE-GRAPEFRUIT DRINK



5 Large 29-ounce Cans **\$1**

LIBBY TOMATO JUICE

5 29-ounce Cans **\$1**



Elder Brau • Premium

LAGER BEER

6 King Sized 16-ounce Cans **\$1.09**

Case of 24 Cans for \$4.29

Return to "Peytons" 86 Proof **Blended Whiskey**

Full **\$3.39**
Fifth

80 Proof • Distilled from Grain **Sarnoff Vodka**

Full **\$3.69**
QUART

Won't Breathe it to a Soul



RATH'S Fresh **LIVER SAUSAGE**

39¢ 16

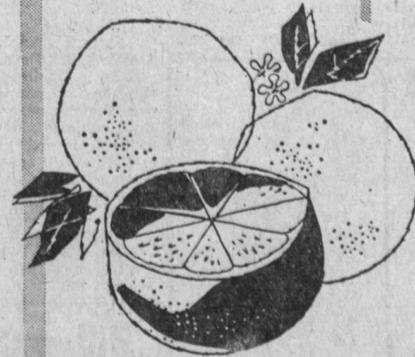
GALLO Delicious **ITALIAN SALAMI**

3-ounce Package **35¢**



Dairy Fresh **Sliced Swiss CHEESE**

5-ounce Package **29¢**



Extra Fancy Large **NAVY ORANGE**

For something a little different try a delicious salad of sections of large, juicy navel oranges and sweet, crisp Bermuda onions, cut in wafer-thin slices. Serve on a garden fresh leaf of dewy romaine and garnish with thick French dressing. It's sure to make a hit with everyone.

LARGE SWEET ARIZONA

GRAPEFRUIT



5¢ EACH

